

1st District Council Newsletter

Councilman Leonard Watkins



July 2005 Issue

GREETINGS FROM COUNCILMAN WATKINS

I am Leonard Watkins, the newly elected Councilman representing District I. I would like to tell you a little bit of information about myself. I am life-long resident of Louisville, having graduated from Central High School and pursued my college degree at Oakland City College, Oakland City, IN, in Business Administration. I recently opted for early retirement from PNC Bank after over 31 years of service. The majority of my professional career has been in positions that focused on community development, with specific focus on low-and-moderate income neighborhoods. I look forward to working with you to identify/provide some solutions to the many challenges that exist in our District. Feel free to contact my office at 574-1101 to address concerns that are important to you that need our attention.

Welcome to the first issue of our First District Newsletter. We will generate this publication at least twice during the calendar year 2005 and increase production to a quarterly publication in 2006. This is your District newsletter and we welcome your input and ideas for publication for the benefit of all of our District neighbors. Ideas and input can be faxed to the attention of Karen Scruggs at 574-2666 or mailed to her at 601 W. Jefferson Street, Louisville, KY 40202. Please use this forum to make important announcements and share information that may be important to residents of District I.

Fun

We are now in a season of the year that is filled with opportunities to complete many projects listed on our "Honey Do" file. Use proper scheduling, tools, and procedures completing these tasks to assure proper installation and, most of all your individual safety. Be careful of over working and excessive heat exposure during the summer months. When mowing lawns, remember to use proper care and frequent breaks during very warm temperatures. Remind children to use caution when around swimming facilities and operating motorized equipment and toys. Summer is a time of fun and enjoyment, but also a time when caution must be used when riding bicycles, scooters and other vehicles for youth. Let's all have a very safe and fun filled summer that will be one of the most memorable of recent years.



Good Neighbors

Take an opportunity to get to know your neighbors by visiting each other to share a glass of lemonade or tea while talking about your street or neighborhood. Be sure to keep an eye on neighbors who are "seniors" or have health problems. Check on them on a regular basis to be sure they are doing okay and not having health problems.

Enjoy your summer and have a tremendous amount of fun. Keep an eye on your neighbors and help the residents of the District have a tremendous summer. Hope to see you soon.



Leonard Watkins

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Promoting Good Health

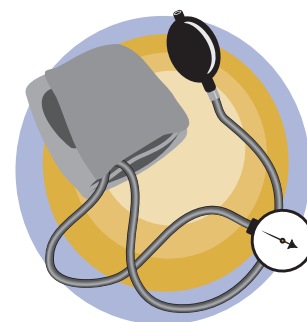
The American Cancer Society is the nationwide, community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer, through research, education, advocacy and service.

The American Cancer Society's National Cancer Information Center answers calls 24 hours a day, seven days a week, providing information and support to cancer patients and their families when they need it most.

The American Cancer Society provides cancer information, services, referrals, and information resources through 1-800-ACS-2345.



Take Steps To Prevent and Control High Blood Pressure!



1. Maintain a healthy weight

Check with your health care provider to see if you need to lose weight. If you do, lose weight slowly using a healthy eating plan and engaging in physical activity.

2. Be physically active

Engage in physical activity for a total of 30 minutes on most days of the week. Combine everyday chores with moderate-level sporting activities such as walking to achieve your physical activity goals.

3. Follow a healthy eating plan

Set up a healthy eating plan with foods low in saturated fat, total fat, and cholesterol, and high in fruits, vegetables, and lowfat dairy foods such as the DASH eating plan. Write down everything that you eat and drink in a food diary. Note areas that are successful or need improvement. If you are trying to lose weight, choose an eating plan that is lower in calories.

4. Reduce sodium in your diet

Choose foods that are low in salt and other forms of sodium. Use spices, garlic, and onions to add flavor to your meals without adding more sodium.

5. Drink alcohol only in moderation

In addition to raising blood pressure, too much alcohol can add unneeded calories to your diet. If you drink alcoholic beverages, have only a moderate amount—one drink a day for women, two drinks a day for men.

6. Take prescribed drugs as directed

If you need drugs to help lower your blood pressure, you still must follow the lifestyle changes mentioned above. Use notes and other reminders to help you remember to take your drugs. Ask your family to help you with reminder phone calls and messages.



Neighborhood News

Louisville Metro Department of Neighborhoods Neighborhood Association Legal Services Referral Program



Should our not for profit association incorporate?
What are the legal and financial responsibilities of unincorporated associations?
Are our bylaws up to date?
What are the legal responsibilities of the board of directors?
We need help applying for tax-exempt status.
Can our association lobby the Metro Council or State Government?
What financial records must our association maintain?
How should our association handle a lawsuit?

Louisville Metro Department of Neighborhoods has contracted with the Legal Aid Society's Community Development Program to bring neighborhood associations the resources they need through a Neighborhood Association Legal Services Referral Program.

When your association is in need of legal assistance, contact Kelly Long with the Louisville Metro Department of Neighborhoods. Mr. Long will email you a copy of the "Application for Legal Services" or you can download it from our web site. Kelly P. Long, (502) 574-3931, 574-4227 FAX Email: KellyP.Long@loukymetro.org

Legal Aid Society Contact Information

Lisa Kilkelly, CD Attorney	(502) 585-6980, ext. 221	Email: LKilkelly@laslou.org
Jeff Segal, CD Attorney	(502) 585-6980, ext. 236	Email: JSegal@laslou.org

LEGISLATION



The Federal Railroad Administration has released its' final rule on how local communities can silence train horns. The Final Rule became effective on June 24, 2005, and is the result of a 1994 law mandating the use of locomotive horn at all public highway-rail grade crossings with some exceptions. The rule will pre-empt applicable state laws and related railroad operating rules requiring locomotive horns be sounded, and it will also supersede the previously issued Interim Final Rule.

The Final Rule provides for six types of quiet zones. The establishment of a new quiet zone requires at a minimum that each grade crossing be equipped with flashing lights and a gate. Additional safety measures may be required to compensate for the absence of the horn as a warning device. New quiet zones can be in effect 24 hours a day or just during the overnight period between 10 p.m. and 7:00 a.m.

Local governments with a whistle ban in effect on October 9, 1996, the date Congress directed FRA to specifically address the issue of existing bans, and on December 18, 2003, the date of the Interim Final rule was published, will be able to continue to keep the train horns silent for at least an additional five to eight years as they plan for and install any additional necessary safety measures.

Cities with a whistle ban created after October 9, 1996, and in effect on December 18, 2003, will have one year to install any additional necessary safety measures before the train horns start sounding again. The rule also establishes the first-ever maximum train horn volume level and will reduce the amount of time the horn is sounded. The Final Rule is available at the website: [http://dms.dot.gov/docket number FRA-1999-6439-3923](http://dms.dot.gov/docket%20number%20FRA-1999-6439-3923).

MISCELLANEOUS ANNOUNCEMENTS

Neighborhood Leaders,

We have great news to share with you about the **Neighborhood Watch Program!**

In an effort to improve the Neighborhood Watch program, it will now be administered by the Louisville Metro Police Department (LMPD). Many of you have worked closely with **Renee Stigall** who was in charge of the Neighborhood Watch programs for the Department of Neighborhoods. Renee has joined the staff of the Louisville Metro Police Department, Community Relations Division, and will continue to deliver great customer service to the Neighborhood Watch Program.

If you are interested in starting a Neighborhood Watch, call MetroCall 311 or 574-5000.

LMPD is now taking applications for their September Citizens Police Academy

Class will run from September 6 - November 22, 2005, 7:00 - 9:30 p.m.

The purpose of the Citizens Academy is to educate the public about the police services delivered by the Louisville Metro Police Department, in order to foster understanding and community support for the department. This is part of the department's initiative to build partnerships within the communities they serve. The Louisville Metro Police Department has prepared a comprehensive training program to provide Citizens Police Academy participants with an overview of the various divisions, units, and functions of the police department.

Why should Neighborhood Leaders Attend

If we want our neighborhoods to be safe, we need to become active partners with the Louisville Metro Police. We can be an asset to the Police only when we are educated and informed. This program will allow neighborhood leaders to gain the necessary information to become true, effective partners to help the LMPD keep our neighborhoods safe.

Location

The Citizens Police Academy rotates the class location for each session so attendees will be familiar with LMPD facilities throughout the Louisville Metro area. Once accepted into the Fall class, you will receive a class schedule with all locations noted.

Class Material

The LMPD Citizens Police Academy attendees will cover a wide variety of subjects.

Youth Involvement

Do you think this program would interest a young person you know between the ages of 14-17 years of age? The LMPD also offers a Youth Police Academy. Contact Officer Virola at 367-7238 or 432-2263, for more information.

To apply for the academy, or if you need more information, please contact:

Officer Minerva Virola

Community Relations

709 Fairdale Road • Louisville, KY 40118

502- 367-7238/432-2263 • 361-1336 FAX

Email: Minerva.Virola@lmpd.loukymetro.org

SCHEDULE A NEIGHBORHOOD CLEANUP

Brightside wants to help you clean up your neighborhood! Brightside will:

Give you a template for a flyer

Give you garbage bags and gloves

Lend you rakes and shovels

Arrange to assist you with garbage removal

To schedule a neighborhood cleanup, contact Angela Auter at 574-2319 or Angela.Auter@loukymetro.org

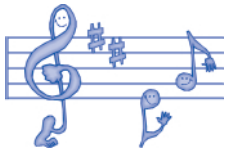
Community Meetings

Mayor Jerry Abramson will be hosting the "Mayor's Community Conversations" at a school in our District. Be prepared to share concerns and neighborhood problems with all of the appropriate department heads within local government. Karen and I will be in attendance and hope we get the opportunity to meet you. This meeting will be as follows:

Nov. 21, 2005

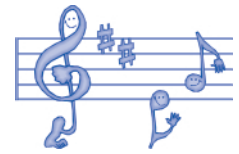
**Butler High School Small Gym
2222 Crums Lane**

6:30 pm



2005 Music in the Metro

Family Concerts in Metro Parks Sunday afternoons



4:30 – 5:00 p.m. Kid-friendly entertainment and prizes by Radio Disney
5:00 – 7:00 p.m. Concert

Music in the Metro concert series is a free weekly concert series showcasing our Metro Parks and local musical talent throughout the community.

Bring your family, a picnic basket, a blanket or lawn chair and come enjoy a Sunday afternoon in our beautiful Metro Parks. The band schedule will be released soon.

July 31 Shawnee Park - in conjunction with West Louisville Appreciation

Aug. 14 Algonquin Park

Sept. 2-3 WORLD FEST on the Belvedere

[ADD YOUR EVENTS TO THE EVENTS CALENDAR](#) - **Calling All Neighborhood Events - Big & Small!**

We want to help you promote your neighborhood festival, event, block party or activity by offering you the opportunity to have the event listed on the Mayor's on-line calendar.

[SPECIAL EVENTS HANDBOOK](#) The new 2005 Mayor's Special Events Handbook is now available. It contains all of the rules and regulations about holding a special event in Louisville. Call MetroCall 311 or 574-5000 to have a handbook mailed to you. You can also view the Special Events Handbook on-line by visiting www.loukymetro.org. Click on Departments. Click on Inspections, License & Permits. Scroll down to Special Events Handbook and click.

[HISTORIC PRESERVATION](#) - **Contact Joanne Weeter at 574-2868 for more information**

The Louisville Metro Historic Landmarks and Preservation Districts Commission, the local government agency charged with the preservation and protection of historic resources, is spearheading activities by producing an on-line events calendar available at www.loukymetro.org (click on "What's New").

[Save the Date](#) **September 11, 2005** is National Neighborhood Day! Join people in neighborhoods all over America as they gather with their neighbors to foster caring and concern for each other and promote stronger more effective communities. National Neighborhood Day is the second Sunday in September each year. Visit <http://www.neighborhoodday.org> to learn more. More information to follow

[Save The Date](#) National Night Out is **Tuesday, August 2**. Plan now to host a National Night Out event in your neighborhood. For more information, contact Renee Stigall at Patsy.Stigall@Impd.loukymetro.org or 367-6716 or visit <http://www.nationaltownwatch.org/nno/>

[Save The Date](#) 3rd Annual Mayor's Neighborhood Summit • **Saturday, November 12** • Clarion Hotel - Hurstborne Lane 7:30 a.m. - 2:30 p.m. • Call for Presenters will be issued soon!

[Save The Date](#) 2nd Annual Mayor's Event Expo • **Saturday, February 18, 2006** • For all event organizers to meet, network, attend event organizing training seminars and learn from experts at the Expo booths

[New 2005 The Official Guide to Louisville Metro](#)

The new 2005 "Official Guide to Louisville Metro" are ready for distribution. They are gold in color to distinguish them from the previous blue guide. If you would like to pick up a bunch to give out at your next neighborhood function, call MetroCall 311 or 574-5000 or email at MetroCall@loukymetro.org.

[INTERNATIONAL](#)

September is International Month. The Office for International Affairs is beginning to compile a calendar of community events with an 'international flare' that will be held during the month of September. The International Heritage Month Calendar will be printed in the 2005 International Directory.



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Leonard Watkins

District 1
601 W. Jefferson Street
City Hall, First Floor
Louisville, Kentucky 40202

LOUISVILLE METRO FREQUENTLY CALLED NUMBERS

Listed below are some helpful numbers to assist you in reaching Metro Government Services.

Animal Control

574-6000

Brightside

574-2613

Crisis Center

589-4313

Councilman Leonard Watlins

574-1101

County Clerk

574-5700

Court Information

595-3060

Drivers License Information

595-4405

Emergency

911

Health Department

574-6520

Inspections, Permits & Licenses

574-3321

Louisville Gas & Electric

589-1444

Louisville Water Company

569-3600

Metro Call

574-5000 or 311

Metro Parks

456-8100

Metropolitan Sewer District

587-0603

Mosquito Control

574-6650

Planning and Design

574-6230

Poison Control

589-8222

Police (non-emergency)

574-7111

Public Library

574-1611

Property Valuation Administrator

574-6380

Sheriff

574-5400

TARC

585-1234

Voter Registration

574-6100